**STEP 1**
Loosen the Round-Head Allen Bolt (PART #12).
Do not secure at this time.

**STEP 2**
Align one end of the Cross Brace (PART #3) with the hole located next to the Pull Pin (PART #4). Make sure the handles of the Cross Brace are facing down towards the floor and the bend of the Cross Brace is towards the front of the unit. Align the bottom of the cylinder with the hole in the Down Frame (PART #1).

**STEP 3**
Place a Washer (PART #6) on the Long Bolt (PART #5) and then insert the bolt down through the hole next to the Pull Pin (PART #4). Continue to insert the bolt through the cylinder (of the Center Brace) and the Down Frame (PART #1) so that the end of the bolt becomes exposed.

**STEP 4**
Secure the bolt with the Washer and Lock Nut (PART #7) provided. Do not tighten completely as there may be adjustments needed to complete the assembly.

**STEP 5**
Secure the Round-Head Allen Bolt (PART #12) at this time.

**REPEAT**
Repeat Steps 1, 2, 3, 4 and 5 to assemble the other end of the Cross Brace and side. Then you may go back and secure the Long Bolt from STEP 4.

**STEP 6**
Insert and tighten the Knobs (PART #15).

**THE RACK®** is now fully assembled.

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**Read these Directions Before Assembling Unit**

All the necessary hardware has been placed in their correct location for ease of assembly. You will need to remove many of the bolts and re-insert them during the assembly of this item.
You can perform exercises in three different machine configurations. Each targets the muscles differently by changing hand and body positions to build core strength, muscle balance, power and endurance.

For more exercises visit: www.rackworkout.com.

Adjusting the Wheels

**STEP 1**
Turn the Wheel lock counter-clockwise to loosen the Wheel.

**STEP 2**
Rotate the Wheel to the desired position.

**STEP 3**
Turn the Wheel lock clockwise to lock the Wheel in place.

See Owner’s Manual for Complete Instructions and Important Safety Information Before Using This Product.